SIGILS

FOR

SELF CARE

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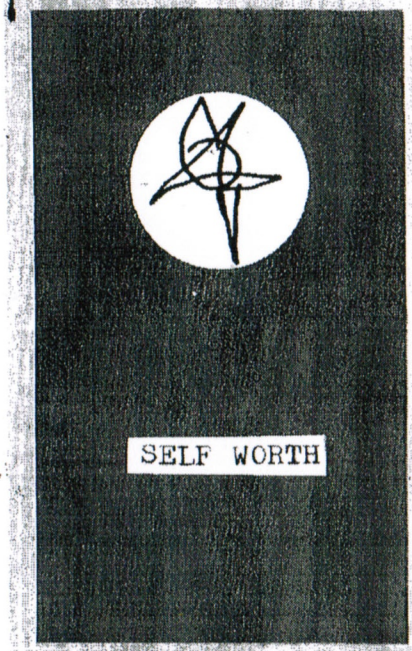


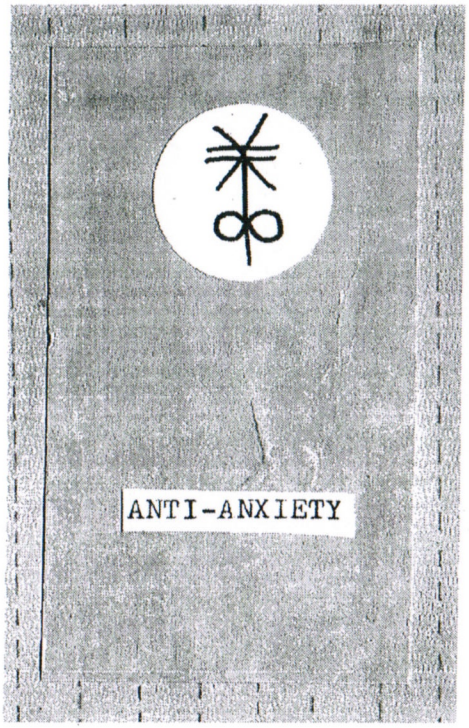
(I think this sigil really likes you!)

I think that sigils are a great way to incorporate magic into your self care routine: they are simple, accessible, and cheap: all you need is a pen, some paper, and your own good intentions.

sigils? what's a sigil!

Sigils are symbols imbued with the power of intent; a design magically charged with a purpose. By focusing one's intention onto a symbolic form, it is easier to visualize results and manifest an outcome.

State your intentions
BE PRECISE!



Get to know the sigil!
Doodle it here!

(Just be sure to leave some room for your statement of inte nt!)

Once your sigil has been created or chosen, and your intentions have been stated, it is time to charge and activate the sigil. When you charge the sigil, you imbue it with your intent. This requires focus: visualize your intentions with a focus that makes your thoughts tremble with reality, see them as realized results.

Once charged, the sigil is activated in order to "make it so". Burned, buried, shredded, drawn-on or disposed of—destroyed, reconstituted or altered—the sigil is cast out into the world to do your bidding. As you activate it, concentrate on this action of transmission: force the sigil out of your mind and into the world. It is done! Forget your sigil, let it become background noise, dust, quotidan. Give the sigil some space to work its magic.

Focus on what you need from this sigil.

DEAR READER...

Thank you so much for giving my zine a shot (even if you don't believe in magic... esp. if you don't!) I hope it brought you comfort or happiness. Keep in touch!

DAYNAMOTH
@ GMAIL.COM
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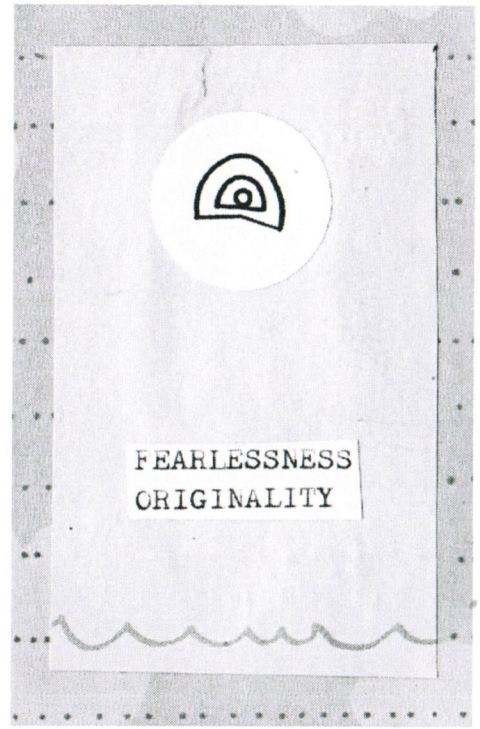
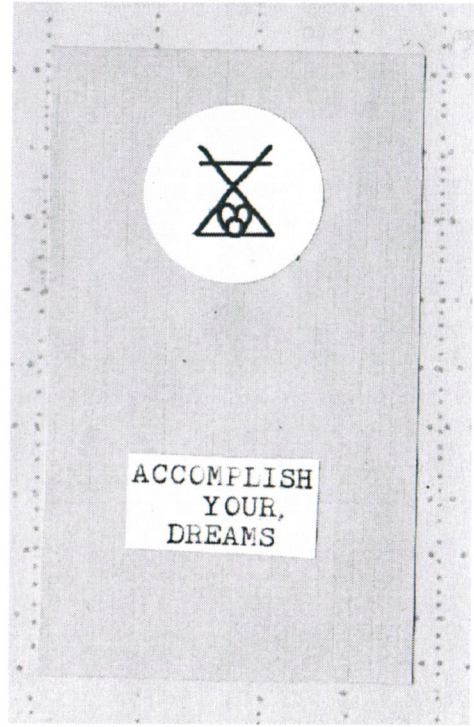
I've been wanting to make a self care spellbook zine for a long while; it seems like self care zines are everywhere you look nowadays, and the idea of a witchy one just wouldn't leave my mind. Maybe it's because I have always felt that magic and self care are two sides of the same coin, that most magic is self care, in one way or another.

There's also the d.i.y. connection. Is it any wonder that many zinesters are witches, or that so many zinesters write about self care? D.i.y. is a way of life, a mindset, and self care adds a whole 'nother element: you're not just doing it by yourself, but for yourself. A lot of my Craft has that same element, that empowerment.

The process of crafting a sigil can be broken into two phases: the creation of the sigil, and the activation.

When a sigil is created, it is charged with an intention or affirmation. Although many sigils are created by the witch who intends to use them, you can also see good results with sigils you find online, in "the wild", or in zines (like this one!) When using a sigil created by another person, I recommend that you create your own statement of intention to bring precision to the magic. State your intentions as clearly and accurately as possible. While the sigils in this zine were created around ideas of self care, it is up to you to express exactly what you need from each; my idea of self love might be different than your idea of self love.





Candle fire. Burial. Photocopy. Lipstick smear. Draw it on the soles of your shoes, and then dance it into being. Write it on your counter tops and floors in soap or oil and scrub until it feels real. Cut it up. Cut it out. Wear it on your wrist, drawn in perfume oil. Carve it into pumpkins and apples, slice it into a loaf of dough, then consume! Draw it on your bike. Sew it into your clothes. Place it in a flowerpot, under the soil. Or better yet, lay the seeds in the shape of your sigil and let it grow! Draw it on your bathroom mirror in the shower fog. Leave it inside a little free libraries. Rainstorms. Doodles. Wheatpaste.

The possibilities are boundless...

Write your statement of intention here: